

Cooking for Kids

Recipe Sizing Report

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Mar 16, 2022

000021 - Roasted Autumn Vegetables :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011507 SWEET POTATO,RAW,UNPREP..... 011080 BEETS,RAW..... 011485 SQUASH,WNTR,BUTTERNUT,RAW.... 002063 ROSEMARY,FRESH.....	5 lbs + 8 ozs 3 lbs + 8 ozs 3 lbs + 8 ozs 2 Tbsp	1. Peel and medium dice potatoes, beets, and butternut squash. Chop rosemary.
050385 OIL, VEGETABLE.....	1/4 cup	2. Lay each type of vegetable on a different sheet pan and coat with oil.
799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 901561 THYME LEAF,DRIED.....	1 Tbsp 1 Tbsp (ground) 2 Tbsp	3. Season with salt, pepper, rosemary, and thyme. 4. Roast at 400° F for 30 minutes or until vegetables are tender (beets typically take 5 minutes longer to become tender). 5. Combine for service. May be served hot or cold.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	81 kcal	Cholesterol	0 mg	Sugars	*4.9* g	Calcium	38.44 mg	13.48%	Calories from Total Fat
Total Fat	1.22 g	Sodium	147 mg	Protein	1.64 g	Iron	0.95 mg	2.13%	Calories from Saturated Fat
Saturated Fat	0.19 g	Carbohydrates	16.97 g	Vitamin A	10472.1 IU	Water ¹	*93.89* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.11 g	Vitamin C	9.5 mg	Ash ¹	*1.11* g	83.55%	Calories from Carbohydrates
								8.08%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.